



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Basic Report 03119, Babyfood, vegetables, corn, creamed, strained

Report Date: June 09, 2017 13:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 jar 113g	1 tbsp 15g	1 oz 28.35g	1 cup 240g	1 jar Gerber Second Food (4 oz) 113g	1 jar Beech-Nut Stage 2 (4 oz) 113g	1 jar Heinz Strained-2 (4 oz) 113g
<strong>Proximates</strong>									
Water	g	83.60	94.47	12.54	23.70	200.64	94.47	94.47	94.47
Energy	kcal	57	64	9	16	137	64	64	64
Protein	g	1.40	1.58	0.21	0.40	3.36	1.58	1.58	1.58
Total lipid (fat)	g	0.40	0.45	0.06	0.11	0.96	0.45	0.45	0.45
Carbohydrate, by difference	g	14.10	15.93	2.12	4.00	33.84	15.93	15.93	15.93
Fiber, total dietary	g	2.1	2.4	0.3	0.6	5.0	2.4	2.4	2.4
Sugars, total	g	1.23	1.39	0.18	0.35	2.95	1.39	1.39	1.39
<strong>Minerals</strong>									
Calcium, Ca	mg	20	23	3	6	48	23	23	23
Iron, Fe	mg	0.28	0.32	0.04	0.08	0.67	0.32	0.32	0.32
Magnesium, Mg	mg	8	9	1	2	19	9	9	9
Phosphorus, P	mg	33	37	5	9	79	37	37	37
Potassium, K	mg	90	102	14	26	216	102	102	102
Sodium, Na	mg	43	49	6	12	103	49	49	49
Zinc, Zn	mg	0.19	0.21	0.03	0.05	0.46	0.21	0.21	0.21
<strong>Vitamins</strong>									
Vitamin C, total ascorbic acid	mg	2.1	2.4	0.3	0.6	5.0	2.4	2.4	2.4
Thiamin	mg	0.013	0.015	0.002	0.004	0.031	0.015	0.015	0.015
Riboflavin	mg	0.047	0.053	0.007	0.013	0.113	0.053	0.053	0.053
Niacin	mg	0.512	0.579	0.077	0.145	1.229	0.579	0.579	0.579
Vitamin B-6	mg	0.041	0.046	0.006	0.012	0.098	0.046	0.046	0.046
Folate, DFE	µg	17	19	3	5	41	19	19	19
Vitamin B-12	µg	0.02	0.02	0.00	0.01	0.05	0.02	0.02	0.02
Vitamin A, RAE	µg	5	6	1	1	12	6	6	6
Vitamin A, IU	IU	69	78	10	20	166	78	78	78
Vitamin E (alpha-tocopherol)	mg	0.04	0.05	0.01	0.01	0.10	0.05	0.05	0.05

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Lipids</b>									
Fatty acids, total saturated	g	0.076	0.086	0.011	0.022	0.182	0.086	0.086	0.086
Fatty acids, total monounsaturated	g	0.116	0.131	0.017	0.033	0.278	0.131	0.131	0.131
Fatty acids, total polyunsaturated	g	0.176	0.199	0.026	0.050	0.422	0.199	0.199	0.199
Cholesterol	mg	1	1	0	0	2	1	1	1
<b>Amino Acids</b>									
<b>Other</b>									
Caffeine	mg	0	0	0	0	0	0	0	0